

The Park Center's 2012 Indoor Summer Swim Lessons

Join the Park Center's Swimming & Water Safety Program!

Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include 8 forty minute lessons. In order to improve the quality and effectiveness of swim lessons children should be registered for the appropriate level according to their swimming skills.



Cost: Member/Resident: \$30
Non-Resident : \$35

Monday-Thursday Mornings

Session Dates

- 1 June 4th – June 14th (Registration Dates: April 27th – **Deadline May 31st**)
 - 2 June 18th – June 28th (Registration Dates: June 8th – **Deadline June 15th**)
 - 3 July 9th – July 19th (Registration Dates: June 29th – **Deadline July 6th**)
 - 4* July 23rd – August 2nd (Registration Dates: July 13th – **Deadline July 20th**)
- *The first week July 23-27th runs Mon, Wed, Thurs, Fri Due to the 24th Holiday
- 5 August 6th – August 16th (Registration Dates: July 27th – **Deadline Aug 3rd**)



Tuesday & Thursday Evenings

Session Dates

- 1 June 5th – June 28th
(Registration Dates: May 18th – **Deadline June 2nd**)
 - 2* July 10th – August 7th
(Registration Dates: June 22nd – **Deadline July 7th**)
- *No Class July 24th

Saturday Mornings

Session Dates

- A June 16th – Aug 4th
(Registration Dates: April 23rd – **Deadline June 13th**)

Swim Lesson Level Chart

Guppies (6 months-4 years, Parent/Tot)

No water experience necessary

Starfish (ages 3-4) Child has limited or no water experience.

Jellyfish (ages 3-6) Child is able to perform all listed:

Submerge to mouth and blow bubbles. Float on front/back (w/ assistance) and recover to standing position.

Seahorses (ages 4-10) Child is able to perform all listed:

Submerge completely, Jump into water over head without assistance, knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

Sea Rays (ages 5-10) Child is able to perform all listed without assistance:

Glide on front/back 2 body lengths Float on front/back for 5 seconds.

Perform Freestyle w/ side breathing, Backstroke, and Elementary Backstroke for 2 body lengths.

Sharks (5-12) Child is able to perform all listed without assistance:

Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke

Float on front/back for 15 seconds, Tread water for 1 minute.

Dolphins (5-12) Child is able to perform all listed:

Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke, Swim 15 yards Breaststroke

Tread water for 2 minutes, Float on front/back for 30 seconds.





Murray City Summer Swim Lesson Registration Form



Participant's Name _____

Age _____ Male or Female Birth Date _____ Grade _____ School _____

Address _____ City _____ Zip _____

Parent/Guardian Name _____ Home Phone _____

E-mail _____ Work Phone _____

Emergency Contact _____ Relation _____ Phone Number _____

Cost (per participant, per Session) Member/Resident \$30
Non-Resident \$35

Has participant Participated in Swim Lessons before? No ___ Yes ___ Last Level Completed _____

Level: _____ Session number: _____

Time: _____ Preferred Instructor: _____

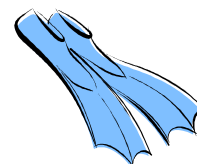
Class levels maybe combined to fill classes.

There will not be scheduled make-up lessons for missed classes



Registrations will not be accepted after the deadline.

Refunds will not be given after first day of class.



Monday-Thursday Mornings

Session Dates

- 1 June 4-14 (Deadline May 31)
- 2 June 18-28 (Deadline June 15)
- 3 July 9-19 (Deadline July 6)
- 4* July 23-Aug 2 (Deadline July 20)
- 5 August 6-16 (Deadline Aug 3)

11:00-11:40 AM	11:45 AM-12:25 PM
Guppies	Guppies
All Levels	All Levels

Tuesday/Thursday Evenings

Session Dates

- 1 June 5-28 (Deadline June 2)
- 2* July 10-Aug 7 (Deadline July 7)

4:00-4:40 PM	4:45-5:25 PM
All Levels (no Guppies)	All Levels + Guppies
5:30-6:10 PM	6:15-6:55 PM
All Levels(no Guppies)	All Levels + Guppies
Adult Beginning	Adult Intermediate

Saturday Mornings

Session Dates

- A June 16-Aug 4 (Deadline June 13)

9:00-9:40 AM	9:45-10:25 AM
All Levels (no Guppies)	All Levels + Guppies
Adult Beginning	Adult Intermediate
10:30-11:10 AM	11:15-11:55 AM
All Levels(no Guppies)	All Levels + Guppies
Adult Beginning	Adult Intermediate

Does the participant have any limitations? No/Yes If yes, please explain: _____

I have received and signed the Murray City concussion policy: Yes _____ No _____

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian

Date

Office Use Only		
Paid \$ _____		
CASH	CHECK	VISA
DISC	AMEX	MC
Date _____	Staff _____	

